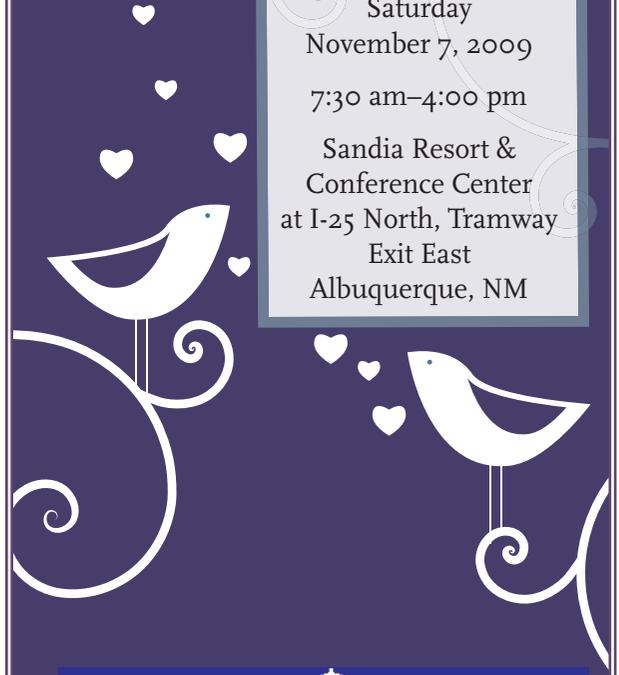


# 5th Annual Caregiver Conference

## CELEBRATE THE HEART OF CARING

Saturday  
November 7, 2009  
7:30 am-4:00 pm  
Sandia Resort & Conference Center  
at I-25 North, Tramway  
Exit East  
Albuquerque, NM



alzheimer's association®

A+R MEDICAL SUPPLY AMERIGROUP® Community Care

HomeCare ASSISTANCE

Home Instead SENIOR CARE®



Celebrate the Heart of Caring with this free event for caregivers.

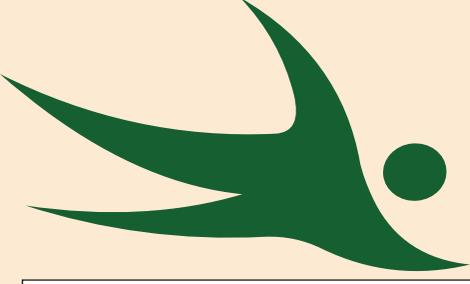
Stamp

City of Albuquerque  
Department of Senior Affairs Caregiver Connections  
Family Caregiver Conference  
714 7th St. SW • Albuquerque, NM 87102



## Thanks to Our Sponsors and Community Supporters:

Amerigroup, HomeInstead, A+R Medical Supply, Home Care Assistance, Bernalillo County Area Agency on Aging, City of Albuquerque, Alzheimer's Association, Prime Time Publishing Co, Center for Ageless Living, Share Your Care Adult Day Services, Ambercare Hospice, Haven Care, Decisions in Care, Rescare HomeCare, Spotlight Senior Services, Lovelace Senior Plan, Right at Home, Heritage Home Healthcare, Senior Care Options, Silver Horizons New Mexico, Assisted Living Services Organization, United Seating & Mobility, Sunrise Assisted Living, Presbyterian Health Plan, Hospice de la Luz/ Eldercare Solutions, UNM Senior Health Clinic, HME Specialists, and more...





# CELEBRATE THE HEART OF CARING

**FREE!**  
7:30 am-4 pm

## Registration begins at 7:30 am

A day designed to honor caregivers with helpful information, free massages, lunch and the pampering you deserve. Join the conversation with professionals & other caregivers.

**Hear** keynote speaker, James Huysman, author of *Take Your Oxygen First: Protecting your Health and Happiness While Caring for a Loved One with Memory Loss*.

**Choose** from a variety of workshops including:

- What to Do if Your Loved One Can No Longer Make Decisions
- How to use Government Programs to Pay for In-Home Care
- Services for Veterans
- Reducing Stress and Avoiding Burn-out
- Going to the Doctor? Know what to Say? Effective Time with Providers
- Who's in Charge Here? Coordinating Care Effectively

**Learn** how to transfer folks with mobility impairments without breaking your back courtesy of Comfort Keepers



**Browse** our 100 vendors

**Sing Along** with entertainer Joe Blyth at lunch

## FREE RESPITE CARE IS AVAILABLE On Site or At Home for your Loved Ones for this One-day Event

Sign up early—Limited Space Available,  
first come first served

**At Home:** Reimbursement forms for **in-home care** can be requested by calling Siobhan Mitchell at the NM Alzheimer's Association  
(505) 266-4473

**On Site:** For **on-site respite care**, call Diane Daley at Share Your Care Inc.,  
(505) 298-1700 x 31

**Respite Care Registration Deadline is  
October 25, 2009**

### Conference Location

Sandia Resort and Conference Center  
Rainbow Rd. Albuquerque, NM

**Directions:** Sandia Resort and Conference Center is located just north of Albuquerque, east of I-25 on the north side of Tramway. The Conference Center has a separate entrance off Tramway. To park nearest the Conference Center, turn onto Hummingbird Land (not Rainbow Road, the main entrance).

**For more information call  
(505) 764-6400**

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## 3 Easy Ways to Register



1. Fill out this form, cut out and mail to:  
Department of Senior Affairs  
Caregiver Connections  
714 7th St. SW • Albuquerque, NM 87102
2. Fax this form to (505) 247-1341
3. Phone 311 (Citizens Contact Center) 24 hours a day, or call (505) 764-6400

Name \_\_\_\_\_

Agency (if applicable) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**How are you related to the person  
you provide care for?**

- Family (informal)  
 Professional caregiver

For Licensed Professionals: Continuing Education Units (CEUs) Pending for Social Work and Certified Case Managers Contact (505) 764-6400  
There is a \$25 fee

## CELEBRATE THE HEART OF CARING

Saturday  
November 7, 2009  
7:30 am–4:00 pm  
Sandia Resort

SAVE THE DATE!



# CELEBRATE THE HEART OF CARING

## SATURDAY, NOVEMBER 7, 2009

### Preliminary Program Agenda

7:30–8:30 am

#### REGISTRATION

8:30–9:00 am

#### WELCOME & OPENING CEREMONY

Master of Ceremonies:  
Mike Hernandez, Channel 13 News  
Native American Blessing and  
Spiritual Reflections

#### WELCOMING REMARKS

Blanca B. Hise, Director  
Department of Senior Affairs  
City of Albuquerque  
Agnes Vallejos, Executive Director  
Alzheimer's Association,  
New Mexico Chapter  
Nick Pavlakos, Executive Director  
Share Your Care, Inc.  
Laura Hopkins, CEO, AmeriGroup

9:00–10:00 am

#### KEYNOTE PRESENTATION

James Huysman, Author of  
*Take Your Oxygen First: Protecting  
your Health and Happiness While  
Caring for a Loved One with Memory Loss*



10:00–10:15 am

#### ACKNOWLEDGEMENTS AND INFORMATION

Special Thanks to Sponsors, Door Prize  
Drawings, Explanation of Coffee Chats and  
Pampering Activities

10:15–10:45 am

#### “TYPICAL OR TROUBLED?”— UNDERSTANDING ADOLESCENT BEHAVIORS & RECOGNIZING RISKS

Special Resources and Information for  
Grandparents Raising Teen Grandchildren  
City of Albuquerque &  
Albuquerque Public Schools Initiative

10:15–10:45 am

#### MORNING BREAK

- Community Resource Information Tables
- Pampering Activities
- Exhibits/Vendors
- Refreshments

10:45–11:45 am

#### BREAKOUT SESSIONS/WORKSHOPS

##### Caregiver Issues: Taking Care of Yourself

**Geriatric Care Management: How to Assess  
Needs and How to Find Respite:**  
Joy Klotz, City of Albuquerque, DSA;  
Sharon Miles, LISW, Senior Care Options

**What to Do When Legal and  
Financial Matters Get Out of Control:**  
Nell Graham Sale, Pregenzer Baysinger  
Wideman & Sale PC

**Alzheimer's and Dementia Caregiving—  
Effective Communication and Approaches:**  
Jytte Lokvig, PhD, author of  
*Alzheimer's From A to Z*

**Veterans Programs—  
How to Access Services, Eligibility,  
Specialty Care & NM Veteran Service Centers**  
NM Veteran Service Centers

12:00 noon–1:00 pm

#### LUNCH, AWARDS AND DOOR PRIZE DRAWINGS

- Caregiver of the Year &  
Community Hero of the Year Awards.
- Entertainment by Joe Blyth  
(Sponsored by Sandia Hearing)

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1:15–2:30 pm

## COFFEE CHAT SESSIONS

Coffee Chats are informal, semi-structured, group discussions facilitated by a professional or a panel of professionals. Participants may remain at one table or circulate among as many as they wish.

### Adult Day Services:

Patty Campbell, Total Community Care, PACE, Michelle Bishop-Couch, MPA, Cornucopia, & Diane Daley, MSW, Share Your Care, Inc.

### Caregiver Escapes (Support Groups, Respite Options, Retreats):

Sandy Skaar, Alzheimers' Association; Mille Defabio, Care for the Caregiver

### Community Resources:

Martha Brown, Geriatric Care Management; Joy Klotz, City of Albuquerque, DSA

### Developmental Disabilities:

JoAnn Baxter, ARC-NM

### End of Life Care (Hospice, Funeral and Direct Services):

Lynette Wallner, RN  
Katie Yankie, Hospice de la Luz/  
Eldercare Solutions; Direct Services

### Family Caregiver Coalition:

Sharon Miles, LISW, Senior Care Options; Ellen Costilla, LISW, MSW, MPA, CIRS-S, City of Albuquerque, DSA

### Housing Options—Residential and Assisted Living Facilities:

Sabina Basham, La Vida Llena;  
Claire Donovan, Fairwinds Assisted Living



### Home & Community Based Services (COLTS—Evercare & Amerigroup; Mi Via; Traumatic Brain Injury Funds):

Scott Pokorny, Aging & Long Term Services Dept. (ALTSD);  
Melissa Pullin, Evercare;  
Carol Watts, Consumer Direct Personal Care;  
Betty Kuehne, Amerigroup

### Legal/Financial Issues:

Judith Schrandt, Attorney,  
Swaim, Schrandt & Millet, P.C.;

### Long Term Care Insurance:

Pam Felker, LTC Financial Partners,  
Rob Piggot, Genworth

### Medicaid Benefits:

Katherine Karnowsky, Aging & Long Term Services

### Medicare: Shanna Lapsley, ALTSD

### Things to Consider When Selecting a Nursing Home or Assisted Living Facility: Shannon Cupka, ALTSD, Ombudsman Program;

### Veteran Services: Aid & Attendance:

U.S. Veteran's Service Commission,  
Karyn Hayes, LISN, Veteran's Administration Medical Center



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2:30–3:00 pm

## AFTERNOON BREAK

- Community Resource Information Tables
- Pampering Activities
- Exhibits/Vendors
- Refreshments

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3:00–4:00 pm

## BREAKOUT SESSIONS/WORKSHOPS

### Home Care Medicine:

Suzanne Pinon, MD, Southwest Geriatric

### The Beauty of Dementia:

**How to Find Joy and Peace When Caring for a Demented Person:**

Cindy Brown, LBSW, HomeInstead

### Coordination of Long

**Term Services (COLTS):**

Aging & Long Term Services Dept.

### Many Faces of Grief

**(Anticipatory Included):**

Theresa Dubuque, M.A.

Family Therapy of Albuquerque

### Traumatic Brain Injury—

**How to Locate Help:**

Scott Pokorny, ALTSD